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INTRODUCTION

Thanks for choosing Polar! In this user manual, we'll walk you through the basics of using and caring for the Polar Team Pro training and coaching solution designed for monitoring and analyzing top-tier team sports performance.

Due to continuous development, this user manual is updated when new software/firmware versions are available. The latest user manual is available at www.polar.com/support, and you'll also find links to it in the Polar Team Pro web service and app.

POLAR PRO TEAM DOCK



The dock is used to charge Polar Pro sensors and sync training data from them to the Polar Team Pro app and Polar Team Pro web service. It also serves as a base and charger for your iPad®.

POLAR PRO SENSOR



The Polar Pro sensor measures extensive player performance data, records the data in detail and sends it live to iPad® via *Bluetooth*® Smart allowing you to follow real-time information during training. After each training session, place the sensor into the Polar Pro team dock to charge it, and to sync the data to the Polar Team Pro iPad app and web service for detailed further analysis.

POLAR TEAM PRO APP



View extensive key performance data live. Compare players and add notes and markers during training. Instant session summaries after training as well as a heat map view for player location analysis.

POLAR TEAM PRO WEB SERVICE



Powerful session analysis and reporting tools. Analyze session data in detail for the whole team, as well as compare players. Create custom reports for the whole team or individual players.

IPAD (SOLD SEPARATELY)

You'll also need an iPad® to complete the Polar Team Pro solution. With the Polar Team Pro app running on your iPad® you'll be able to follow live training data during sessions. The Polar Team Pro training and coaching solution is compatible with the following iPad models: iPad Air 2, iPad mini 3, iPad with Retina display, iPad Air, iPad mini 2, iPad (4th generation) and iPad mini. You also need to have iOS8 or newer on the iPad.

FACTS AND FEATURES

POLAR PRO SENSOR

- Bluetooth Smart heart rate compatible
- Live data broadcast straight to Polar Team Pro iPad app
- Long range and live data buffering
- Range Up to 200 meters
- Running speed, distance, sprints, accelerations and running cadence both outdoors and indoors
- Heart rate
- Heart rate variability
- GPS
- MEMS motion sensor (Accelerometer, gyroscope, digital compass)
- 10 hours of operating time
- Sensor memory up to 72 hours
- Recharging (from empty to full) 3 hours
- Polar Pro red soft strap compatible
- Updatable firmware

POLAR PRO TEAM DOCK

- 20 sensor slots
- Data sync on the go and convenient recharging for iPad and Polar Pro sensors
- Real-time data to support decision making and guidance during training
- Updatable firmware

POLAR TEAM PRO WEB SERVICE AND APP

- Cloud-based software and database solution
- Multiple teams supported
- Multiple coaches access supported
- Secured individual login
- Customizable heart rate zones
- Customizable speed zones
- Heart rate graph in training results
- Heart rate analysis selection and zooming functions
- Speed, distance and sprints analysis functions

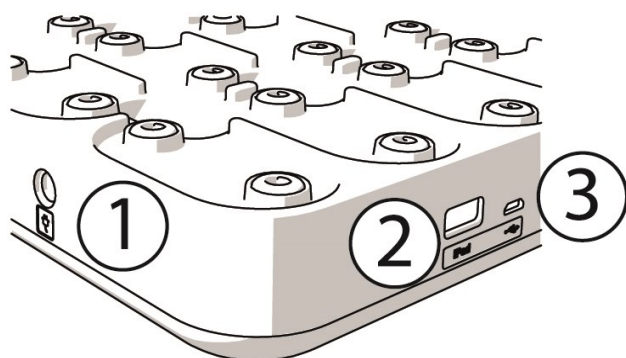
- Location analysis with heat map
- Phases
- Markers
- Export training session data to Excel
- Long term reports (week, month, season)

GET TO KNOW POLAR TEAM PRO

WHAT'S IN THE BOX

- Polar Pro Team Dock (includes four AC adapters)
- 10 Polar Pro Sensors and Straps
- Washing pouch
- Sensor folder
- Shoulder bag

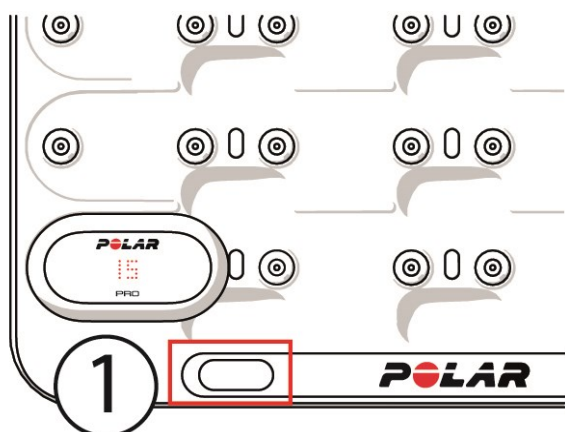
POLAR PRO TEAM DOCK



1. **AC power port:** Recharge the dock with power cord that came in the box.

2. **USB port:** Alternative way to connect iPad to the dock with a Lightning to USB connector. **Please note that when iPad is connected to the dock via the primary connection (placed into the dock and connected via Lightning connector), the USB port connection does not work at the same time. The USB port connection can only be used when iPad is not placed into the dock.**

3. **Micro USB port:** For service done by Polar.



1. **Dock button:** Press to display the player numbers on the sensors when the dock is not connected to a wall outlet.

POLAR PRO SENSOR



1a. **Player number:** When a sensor is in the dock the player number is shown. When a sensor is out of the dock, press the connectors on the backside of the sensor with your fingers to view the number. When wearing the sensor, tap the display twice to view the number.

2a. **Heart rate:** A heart symbol is shown when heart rate is detected.

2b. **GPS:** The satellite symbol stops blinking when GPS signal is found.

FIRST TIME SETUP

After unboxing the Polar Team Pro training and coaching solution, the first thing you need to do is charge the Polar Pro team dock and Polar Pro sensors.

CHARGE

1. Place the sensors into the dock and snap them firmly into place (make sure both ends of the sensors snap into place). **When the Polar logos on the sensor and dock face the same way, the sensors are placed correctly.**
2. Attach the AC power cord for your region to the dock first, and then plug the other end into a wall outlet.
3. The charging animation appears on the sensors.

ACTIVATE ACCOUNT

After purchase you'll get a confirmation e-mail with a link. Click it to open a wizard which guides you through setting up your organization and team in the web service. Follow the wizard and fill in the needed information. Then go to teampro.polar.com, and sign in with your credentials.

TEAM SETUP THREE STEP WIZARD

The three step team setup wizard will guide you through the whole setup process in the Polar Team Pro web service. With the wizard you'll create your team, choose the sport and add players. Fill in all the required fields for each setting during the setup. If you do not have all of the player information available at this time, the information can be updated later in the [Team settings](#).

When you are done with a setting, choose **NEXT** to proceed to the next step of the setup. If at any time you want to go back during the setup, choose **PREVIOUS** in the lower right corner.

1/3 GENERAL

Fill in the basic details of your team.

- Team name
- Team logo (optional)
- Default sport
- Team roles (you can use the default ones, create your own roles or not use the roles at all)

Choose **NEXT** to continue to the next step.

2/3 SPORT PROFILE

Define the heart rate zones and speed zones your team will use.

- Heart rate zones (choose default or free)
- Speed zones (default or free)

Choose **NEXT** to continue to the next step.

3/3 PLAYERS

Add players to your team.

1. Choose **Add new players**.
2. Fill in the player information fields.
3. **ADD PLAYER TO THE TEAM** must be chosen after creating each player profile. Otherwise the player will not be added to the team.

The players added to the team are shown on the right side panel

Choose **DONE** when you have added all the players to the team. Then choose **NEXT**. **Welcome to the team** is shown on the screen when you have finished the team setup wizard.

DOWNLOAD POLAR TEAM PRO APP ONTO YOUR IPAD

After completing the team setup in the Polar Team Pro web service, it's time to finalize the first time setup by downloading the Polar Team Pro app, and syncing the player information via the Polar Pro team dock to the sensors.

1. Download the Polar Team Pro app onto your iPad from the App Store.
2. Login to the app with the same account details that you used with the Polar Team Pro web service.
3. Place the iPad into the dock. Make sure it is properly leveled and resting firmly against the base.
4. The **SENSORS & DOCK** view appears on the iPad screen.
5. Tap **Auto assign** in the upper left corner to assign the sensors to the players.
6. When a sensor is assigned the player number and a green check mark is displayed on each sensor on the iPad screen, and

Your Polar Team Pro solution is now set up, and ready for the first training session.

CHARGING

CHARGING POLAR PRO TEAM DOCK

Plug your dock into an outlet with the AC adapter and the AC power cord for your region. Only use the AC adapter unit and AC power cord provided with your dock. The AC adapter is for indoor use only. Only charge the dock and sensors indoors.

CHARGING POLAR PRO SENSORS

Charge the sensors in a Polar Pro team dock. Detach the sensors from the straps, and place them into the dock and snap them firmly into place (make sure both ends of the sensors snap into place). **When the Polar logos on the sensors and dock face the same way, the sensors are placed correctly.** Charging the sensors from empty to can take three hours.

UPDATE FIRMWARE

The Polar Pro Team dock and Polar Pro sensors have updatable firmware. When a new firmware version is available, Polar Team Pro app will notify you, and ask you to download it. Both sensor and dock firmware are updated via the Polar Pro Team app on your iPad. Please update the firmware whenever updates are available.

HOW TO UPDATE FIRMWARE

1. Place your iPad into the dock, the Polar Team Pro app will go to the **Sensors & dock** view.
2. **UPDATE AVAILABLE** is displayed when new firmware is available.
3. Tap **UPDATE AVAILABLE**, and then tap **Update dock** or **Update sensors** depending on what firmware is available.

UPDATE INFORMATION

- Do not take the iPad out of the dock during the update, this will interrupt the update.
- Please note that the update may take up to 40 minutes with a full dock (20 sensors).
- All sensors can be updated at the same time.

LANGUAGES

The Polar Team Pro solution is available in the following languages: English, German, French, Italian, Dutch, Spanish, Portuguese, Danish, Finnish, Norwegian, Swedish, Polish, Russian, Japanese and Simplified Chinese.

The language of the Polar Team Pro web service and app depend on the language settings of your internet browser or iPad. To change the language of the web service, go to the language settings of your internet browser. To change the language of the app, go to the language settings of your iPad.

NAVIGATION

POLAR TEAM PRO WEB SERVICE

The Polar Team Pro web service has two main views: [Activities](#) and [Reports](#).


ACTIVITIES

Every time you sign in you'll be taken to the [Activities](#) view and see a calendar containing your team's training sessions for that week. You can change the view to a month or day view, and choose to view the training sessions for the whole team or just one player. Switch between a calendar or list view by choosing [ACTIVITIES](#) or [LIST](#) from the upper right side of the screen. Scroll down to the bottom of the screen to see a summary of the training sessions from the chosen time period, which includes the number and total duration of the sessions.

The activities view serves as the base from which you can choose what training session data you wish to analyze in depth. For more information on analyzing training session data, see [Analyze Data in Team Pro Web Service](#)

Team Settings, Your Profile and User manual: Click  (name/profile photo) in the upper right corner to view your Team settings, Profile settings or to open the user manual.

Multiple Teams in Organization: If you have multiple teams in your organization, choose which team's calendar you wish to view from the drop down in the upper left corner.

Notifications: Click  in the upper right corner to open the notification panel, which informs you when a new coach is added to your team for example.

REPORTS

In the reports section you can generate different types of reports from your team's training sessions. You can choose the period from which you want to generate the report as well as how you want to view the data. A report can be generated for whole team at once or you can choose to just include certain players.

For more information on creating reports see, [Reports](#)

POLAR TEAM PRO APP

The Polar Team Pro app has three main views: **Team home**, **Players** and **Sensors & dock**.



TEAM HOME

In **Team home** you'll see your team's training sessions in a week view. The current week is shown by default. Swipe left or right to switch between weeks. You'll see your team's totals for the chosen week in this view.

To view totals for a single player, choose the player from the upper left corner.



PLAYERS

In the **Players** view, you'll see all the players in your team, and the ID of the sensor assigned to them.



SENSORS & DOCK

When you place your iPad into the dock, the **Sensors & dock** view will appear. In this view you'll see all the sensors, and to which player each of them are assigned to. Press **Sync** in the upper left corner to synchronize information between the Polar Pro sensors Polar Team Pro app and web service.



START SESSION

Press to go to the training session preview view.



USER MANUAL

Press to view the user manual. Please note that you need to have an internet connection to be able to access it.



ORGANIZATION SETTINGS

Manage and update information related to your organization.

In the organization settings you'll find:

- **GENERAL**: Add and edit general organization information including organization name, sport, address and more.
- **PLAYER ROSTER**: You can see all the players in your organization, and also which team they are assigned to.
- **COACHES**: Add, edit and remove coaches from your organization.
- **PRODUCTS**: View what products your organization has.

EDIT ORGANIZATION SETTINGS

1. Click  (name/profile photo) in the upper right corner.
2. Choose **Team settings**.
3. Click  after your organization name.

ADD COACH TO ORGANIZATION

1. Choose **COACHES**.
2. Click **ADD NEW COACH**.
3. Add the coach's email address and the teams you want to assign him to.
4. Click **SAVE**.

The coach receives an email with a link to activate their personal account in the Team Pro web service. The same email address that the invitation was sent to must be used when registering to the web service.

Pending is displayed in the **COACHES** section of the team he is assigned to until the coach has accepted the invitation.

ADD EXISTING COACH TO TEAM

1. Choose **COACHES**.
2. Click **EDIT TEAMS** in the coach view.
3. Choose which teams the coach is assigned to.
4. Click **SAVE**.


TEAM SETTINGS

Manage and update information related to your team.

In the team settings you'll find:

- **GENERAL**: Add and edit general team information including team name, logo and sport.
- **SPORT PROFILES**: Manage and edit your team's sport profile information including heart rate zone and speed zone limits.
- **PLAYER ROSTER**: Add, edit and remove players from your team.
- **COACHES**: Add, edit and remove coaches from your team.

EDIT TEAM SETTINGS

1. Click  (name/profile photo) in the upper right corner.
2. Choose **Team settings**.
3. Click the team you wish to edit.

ADD COACH TO TEAM

1. Choose **COACHES**.
2. Click **ADD NEW COACH**
3. Add the coach's email address.
4. Click **SAVE**.

The coach receives an email with a link to activate their personal account in the Team Pro web service. **Pending** is displayed in the until the coach has accepted the invitation.


ADD NEW PLAYER TO TEAM

1. Choose **PLAYER ROSTER**.
2. Click **NEW PLAYER**.
3. Fill in the player information, and click **SAVE**,
4. Click **SAVE ROSTER**.

ADD EXISTING PLAYER TO TEAM

1. Choose **PLAYER ROSTER**.
2. Click **ADD PLAYER**, all the players in your organization are shown.
3. Click a player, and check mark appears.
4. Click **SAVE ROSTER**, and all the players that have been chosen (that have a check mark) are added to the team.

EDIT PLAYER SETTINGS

1. Choose **PLAYER ROSTER**.
2. Click  on a player.
3. After editing, click **SAVE**.

In the player settings you can edit player name and number, role in team, height, weight, training background, maximum heart rate, resting heart rate, anaerobic threshold, VO2max, as well as add a photo.


PROFILE SETTINGS

Edit information related to your account and customize the general settings.

In the profile settings you'll find:

- **Account:** In the account settings you can edit your email and password as well as add your address to the profile.
- **General:** In the general settings you can customize date, time and unit settings.

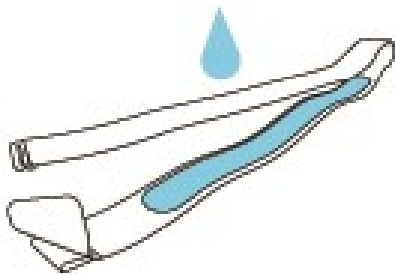
EDIT PROFILE SETTINGS

1. Click  (name/profile photo) in the upper right corner.
2. Choose **Your Profile**.
3. Click **SAVE** after editing.

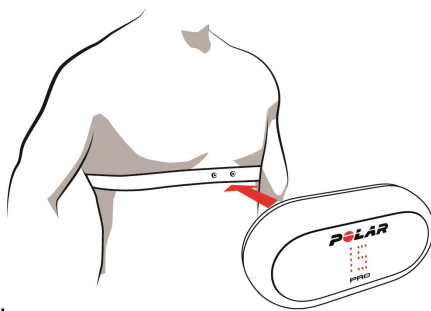
WEAR POLAR PRO SENSOR

Before starting a training session, hand out the Polar Pro sensors and straps to the players, and help them to put them on correctly. If your Polar Team Pro dock is not connected into a wall outlet with the cable you can see the player numbers by pressing the button on the dock.

1. Moisten the electrode area of the strap (picture 1).
2. Clip the strap around your chest and adjust the strap to fit snugly.
3. Attach the sensor (picture 2).
4. After each training session, detach the sensor and rinse the strap under running water to keep it clean.




1.



2.

START TRAINING SESSION

Before starting a training session make sure all the players taking part are wearing the Polar Pro sensors correctly. The green light on the sensor stops blinking when GPS signal is found and you can see a heart symbol when heart rate is found.

1. Login to the Polar Team Pro app on your iPad.
2. Press  on the screen (located in the middle on the left side panel)
3. On the training session preview view you will see each player's name and number, heart rate and if GPS is OK.
4. Press **START** in the upper right corner to start training session recording.

A training session can be started even though all the players are not present when starting. Players that arrive later are automatically added to the session, and their data can become visible on Team Pro iPad app when they have joined the session. No additional actions are needed.

VIEW LIVE DATA

Live training session data can be viewed on your iPad from the Polar Team Pro app. The Team Pro app training session view has three main views: **List**, **Whole Team** and **Comparison**.

You can view key performance data live that includes:

- Heart rate (bpm and % of max)
- Distance
- Number of sprints
- Time in heart rate zones
- Distance in speed zones
- Training load

VIEW DETAILED PLAYER DATA

1. Tap a player in the **List**, **Whole team** or **Comparison** view.

2. Tap  in the pop up.

Detailed information of that player is shown. Swipe left or right to switch between players.

TIPS


- You can hold your iPad in a horizontal or vertical position, the Team Pro app works both ways.
- Switch between views by swiping left or right.
- It is recommended that the Home button is positioned to the right side when holding the iPad to ensure the best connectivity to the sensors. The iPad's Bluetooth radios are located in the corner to the right from the home button. To get the best connectivity, it is important not to cover the corner with your hand.




ADD MARKERS

Add markers with notes that you can come back to after training. They can be used to mark the beginning and end of different phases for example. The markers can be viewed in the Polar Team Pro web service after data sync.

ADD TEAM MARKER

1. Tap  in the upper right corner of the screen.
2. Add a note to the marker (optional).
3. Tap **DONE** to close the marker pop up.


ADD PLAYER MARKER

1. Tap a player.
2. Tap  in the pop up.
3. Add a note to the marker (optional).
4. Tap **DONE** to close the marker pop up.

COMPARE PLAYERS

Have a closer look at certain players during a session by adding them to the comparison view. It allows you to easily view and compare live data from the chosen players.

ADD PLAYER TO COMPARISON VIEW

1. Tap a player.
2. Tap  in the pop up.
3. The player is added to the comparison view.

RELEASE A PLAYER FROM COMPARISON


1. Tap a player.
2. Tap  in the pop up.

RELEASE ALL PLAYERS FROM COMPARISON


Tap **Release players** to remove all players from the comparison view.

END TRAINING SESSION

END TRAINING SESSION AND SAVE

1. Tap  00:00:31 in the upper left corner.
2. Tap **Save** to stop training session recording and save it.

END TRAINING SESSION AND DELETE

1. Tap  00:00:31 in the upper left corner.
2. Tap **Delete** to stop training session recording and delete it.

SYNC DATA FROM SENSORS TO WEB SERVICE VIA DOCK





After ending a training session, it's time to sync the data from the sensors to the Polar Pro Team dock and then to the Team Pro web service for further analysis.

1. Collect the Polar Pro sensors and straps from the players.
2. Place the Polar Pro sensors into the dock.
3. Place the iPad into the dock.
4. Press **SYNC** in the **SENSORS & DOCK** view on the app.
5. A green check mark will appear on the sensors on the screen when the sync is complete.

SYNCING INFORMATION

- A maximum of 20 sensors can be synced at a time. If you have more than 20 sensors, they can be synced successively.
- Your iPad needs to have an internet connection for the data to be transferred to the Polar Team Pro web service.
- Synced data is stored in a secure cloud server.

UNSYNCED DATA

- If  is displayed next to the session, the data is not synced with the dock. Tap  to open a pop up, and tap **Sync now**.
- If the data from all sensors is not synced (one or more sensors are not synced), **Partly synced** is displayed in the pop up. In this case place the sensors that have not been synced in the dock and sync.
- If  is displayed next to the session, the data is not synced with the web service. Place your iPad into the dock. Tap  to open a pop up, and tap **Sync now**.

ANALYZE DATA IN TEAM PRO APP

The Polar Team Pro app provides instant session summary right after training, an advanced analysis view for in-depth sample data comparison and a heat map view for location analysis. The Polar Team Pro app training session view has three main views: **SUMMARY**, **ANALYSIS** and **MAP**.

EDIT SESSION START TIME OR END TIME

Choose **Edit** in the upper right corner to edit the start or end time of a session.

SUMMARY

The **SUMMARY** view shows all the player data from the session.

SORT PLAYERS

Players can be sorted by name, number or by training data (heart rate, speed, sprints etc.). Tap the variable to sort the players by it.

VIEW PLAYER SESSION SUMMARY

- Tap a player profile on the **SUMMARY** view to open a detailed session summary.
- Use the horizontal scroll bar under the graph to see heart rate, speed or cadence data from a certain point.
- Swipe left or right to switch between players.

ANALYSIS

In the analysis view you can compare player data with the team average or compare two players with each other. You can also view and edit markers.


COMPARE PLAYER DATA WITH TEAM AVERAGE

1. Choose **Tap to compare**.
2. Choose the player you wish to compare.


COMPARE TWO PLAYERS WITH EACH OTHER

1. Choose **Tap to compare**.
2. Choose the player you wish to compare.
3. Tap **Team average**, and choose a player.

VIEW MARKERS

Tap  to view the markers for the session.

EDIT MARKERS

1. Tap  to view the markers.
2. Tap the marker you wish to edit.
3. After editing, tap **Done**.

MAP

The map is a visual representation of players' locations on the field over the selected time range. The warmer the color the more the player has been positioned within that given area. You can choose to view all the players' heat maps or just the heat maps of certain players. A line graph or a heat map, and a satellite or illustration view of the field can be viewed. Please note that:

- The sensors must be synced with the dock to be able to see the heat map.
- To view a heat map on the training field illustration you need to create a field in the app. This only needs to be done once for each field.

CREATE TRAINING FIELD FOR HEAT MAP

1. Tap a training session in the **Team home** view.
2. Choose the **MAP** view, and tap **Create a new field**.
3. Drag, zoom and rotate the field inside the frame with two fingers.
4. Drag the handles to the field corners with one finger.
5. Place the corners as accurately as possible, and tap **Lock corners**.
6. Name your field, and tap **Create**.

ANALYZE DATA IN TEAM PRO WEB SERVICE

The Polar Team Pro web service provides training summaries, an overview for the entire team or a selected player, powerful session analysis and comparison, player location on a heat map or a line graph, breakdown graphs of heart rate and speed zones and number of sprints during a session as well long-term reports and data export.

If training session data is not visible in the web service, make sure you have synced the data from the sensors to the web service via the dock. For more information, see Sync Data from Sensors to Web Service via Dock

View and analyze single training session: Choose a session from the calendar in the **Activities** view. Training sessions have two main views: **SUMMARY** and **ANALYSIS**.

SUMMARY VIEW

The summary view shows you an overview of the your team's session, and player specific performance variables.

Team Average: This section displays the team averages for the variables.

Players: All the players included in the training session are listed.

View: There are two views: full and compact.

Sort players: There are two ways to sort players: Click the variable you wish to sort by in the players tab or choose the variable after **[SORT BY](#)**.

ANALYSIS VIEW

In the analysis view you can compare players' performance data. For more information on comparing, see [Compare](#).

ADD MARKER

Markers can also be added to the training session in the analysis view. Click on the graph to add a marker to it.

VIEW MARKER

The markers you have added to a training session can viewed by choosing **[SHOW MARKERS](#)**.

EXPORT DATA

Export training session data in XLS or CSV format. You can choose to export the data of the whole team or just the data of certain players, and you can also choose if you want to export the data from just certain phases or from the whole session. Choose the information and variables displayed in the columns.

The session data export file contains:

- Heart rate (minimum, average and maximum) as beats and as percentage of maximum
- Time spent in each heart rate zone
- Distance (total and distance per minute)
- Speed (maximum and average)
- Distance in each speed zone
- Training load and recovery time

EXPORT SESSION DATA

1. Choose a training session in the **[Activities](#)** view.
2. Click **[EXPORT](#)** in the upper right corner.
3. Choose the players.
4. Choose the phases.
5. Choose what data is shown.
6. Click **[EXPORT AS XLS](#)** or **[EXPORT AS CSV](#)**.

EXPORT RAW PLAYER DATA

1. Choose a training session in the [Activities](#) view.
2. Click [EXPORT](#) in the upper right corner.
3. Choose the players.
4. Click [EXPORT RAW DATA](#).

The export raw data function exports second-by-second data from a training session. Raw data export gives you a zip file with player specific folders which contain a CSV file, and a .txt file and a GPX file.

- The CSV file contains second by second information about heart rate, speed, distance, acceleration/deceleration and running cadence.
- The .txt file contains unfiltered RR interval data that can be analyzed with third party heart rate variability tools.
- The GPX file contains location information that can viewed in third party tools.

REPORTS

In the reports section you can generate different types of reports from your team's training sessions. You can choose the period from which you want to generate the report as well as how you want to view the data. A report can be generated for the whole team or you can choose to just include certain players. There are two default templates available, but you can also create custom templates based on your own needs.

GENERATE REPORT

1. Choose the time period from which you want the report. You can choose [Daily report](#), [Weekly report](#), [Monthly report](#), [Yearly report](#) or [Custom Period](#).
2. Choose how the data from the chosen time period is shown in the report. You can view data classified by [Day](#), [Week](#) or [Month](#).
3. Choose the time period/date for the report.
4. Choose the players.
5. Chose the sport.
6. Choose what information is shown on the bar graph.
7. Choose what information is shown on the line graph.
8. Click [CREATE REPORT](#).

CREATE CUSTOM REPORT TEMPLATE

1. Choose [Custom template](#) from the [Report template](#) drop-down list.
2. Choose what information is shown on the bar graph.
3. Choose what information is shown on the line graph.

4. Chose the sport.
5. Click [Create report](#).

SAVE REPORT TEMPLATE

After creating a report template it needs to be saved.

1. Choose [SAVE TEMPLATE](#).
2. Name the template.
3. Click [SAVE](#).

The template is added to your report template drop-down list.

REMOVE TEMPLATE

1. Choose [REMOVE TEMPLATES](#).
2. Choose the templates you wish to remove.
3. Click [REMOVE](#).

COMPARE

Compare several players at a time. You can compare heart rate, speed, cadence graphs as well as view heart rate zone, speed zone and sprint data.

COMPARE PLAYERS

1. Choose a training session.
2. Click [ANALYSIS](#).
3. Choose the players to compare from the drop-down list.

or

1. Choose a training session.
2. Click the players on the list.
3. Click [ANALYZE](#) at the bottom of the screen.

COMPARE PHASE SPECIFIC DATA

1. Tick the phase box of the phase you want to view.
2. The data for that phase only is shown.

ZOOM THE COMPARE VIEW

1. On the graph, press and hold the right mouse button at the point you want to start the phase, and drag until you reach the point you want to end the phase, and then release the mouse button.




2. To reset the zoom and return to the default view, click .

TRIM

Edit the start and end time of a training session. You can trim a training session from the start, end or both.

TRIM SESSION

1. Choose a training session.
2. Click  on the right
3. Choose **TRIM SESSION**, and use the slider to trim the session start time or end time. Or type the start and end time in the boxes.
4. Click **SAVE**.




Please note that after trimming a session it cannot be undone.

PHASES

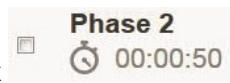
Add phases to your training session. After adding a phase you can choose to view performance data from that phase only. Phases can only be added in the web service, and they can only be added after a training session is finished. Phases cannot be added during a training session.

ADD PHASE

1. Choose a training session in the **Activities** view.
2. Click  on the right.
3. Click **ADD PHASE**, press and hold the right mouse button and at the point you want to start the phase, and drag until you reach the point you want to end the phase, and then release the mouse button. Or type the phase start and end time in the boxes.
4. Name the phase.
5. Click **SAVE PHASE**.

VIEW PHASE DATA

1. Choose a training session.






2. Tick the phase box of the phase you want to view.
3. The data for that phase only is shown


POLAR HEART RATE ZONES

When the player's maximum heart rate is selected as the heart zone calculation method, heart rate zones which the user can determine are specified as a percentage of a player's maximum heart rate. As the zones are based on percentages of a player's own maximum heart rate, they are individual for each player. The same percentages are, however, used for the whole team. Training is divided into five heart rate zones based on percentages of maximum heart rate. The zones can be edited in the Team Pro web service, and can be individually customized for each sport.

EDIT HEART RATE ZONES

1. Click  (name/profile photo) in the upper right corner.
2. Choose **Team settings**, and click the team you wish to edit.
3. Choose **SPORT PROFILES**, and the profile you wish to edit (if you only have one sport profile, it is automatically chosen).
4. Choose **Free** under **HEART RATE ZONE TYPE**, and adjust the zones.
5. Click **SAVE**.

Target zone	Intensity % of HRmax*, bpm	Example durations	Training effect
MAXIMUM 	90–100% 171–190 bpm	less than 5 minutes	Benefits: Maximal or near maximal effort for breathing and muscles. Feels like: Very exhausting for breathing and muscles. Recommended for: Very experienced and fit athletes. Short intervals only, usually in final preparation for short events.
HARD 	80–90% 152–172 bpm	2–10 minutes	Benefits: Increased ability to sustain high speed endurance. Feels like: Causes muscular fatigue and heavy breathing. Recommended for: Experienced athletes for year-round training, and for various durations. Becomes more important during pre competition season.
MODERATE	70–80% 133–152 bpm	10–40 minutes	Benefits: Enhances general

Target zone	Intensity % of HR _{max} *, bpm	Example durations	Training effect
			<p>training pace, makes moderate intensity efforts easier and improves efficiency.</p> <p>Feels like: Steady, controlled, fast breathing.</p> <p>Recommended for: Athletes training for events, or looking for performance gains.</p>
<p>LIGHT</p> 	60–70% 114–133 bpm	40–80 minutes	<p>Benefits: Improves general base fitness, improves recovery and boosts metabolism.</p> <p>Feels like: Comfortable and easy, low muscle and cardiovascular load.</p> <p>Recommended for: Everybody for long training sessions during base training periods and for recovery exercises during competition season.</p>
<p>VERY LIGHT</p> 	50–60% 104–114 bpm	20–40 minutes	<p>Benefits: Helps to warm up and cool down and assists recovery.</p> <p>Feels like: Very easy, little strain.</p> <p>Recommended for: For recovery and cool-down, throughout training season.</p>

*HR_{max} = Maximum heart rate (220-age). Example: 30 years old, 220–30=190 bpm.

Training in heart rate zone 1 is done at a very low intensity. The main training principle is that performance improves when recovering after, and not only during training. Accelerate the recovery process with very light intensity training.

Training in heart rate zone 2 is for endurance training, an essential part of any training program. Training sessions in this zone are easy and aerobic. Long-duration training in this light zone results in effective energy expenditure. Progress will require persistence.

Aerobic power is enhanced in heart rate zone 3. The training intensity is higher than in zones 1 and 2, but still mainly aerobic. Training in zone 3 may, for example, consist of intervals followed by recovery. Training in this zone is especially effective for improving the efficiency of blood circulation in the heart and skeletal muscles.

If your goal is to compete at top potential, you will have to train in heart rate zones 4 and 5. In these zones, you exercise anaerobically in intervals of up to 10 minutes. The shorter the interval, the higher the intensity. Sufficient recovery between intervals is very important. The training pattern in zones 4 and 5 is designed to produce peak performance.


The Polar target heart rate zones can be personalized in the sport profile settings in the web service by using a laboratory measured HR_{max} value, or by taking a field test to measure the value yourself. When training in a target heart rate zone, try to make use of the entire zone. The mid-zone is a good target, but keeping your heart rate at that exact level all the time is not necessary. Heart rate gradually adjusts to training intensity. For instance, when crossing from heart rate target zone 1 to 3, the circulatory system and heart rate will adjust in 3-5 minutes.

Heart rate responds to training intensity depending on factors such as fitness and recovery levels, as well as environmental factors. It is important to look out for subjective feelings of fatigue, and to adjust your training program accordingly.

POLAR SPEED ZONES

Speed zones provide an easy way to choose and monitor the intensity of your training based on speed, and help you mix up your training with different intensities for optimal effects. There are five zones, and you can use the default ones or define your own. The default zones are an example of speed zones for a person with a relatively high fitness level. The zones can be edited in the Team Pro web service, and can be individually customized for each sport.

EDIT SPEED ZONES

1. Click  (name/profile photo) in the upper right corner.
2. Choose **Team settings**, and click the team you wish to edit.
3. Choose **SPORT PROFILES**, and the profile you wish to edit (if you only have one sport profile, it is automatically chosen).
4. Choose **Free** under **SPEED ZONE TYPE**, and adjust the zones.
5. Click **SAVE**.

SPRINTS

The number of sprints a player takes during a training session is counted. All acceleration values over 2.8 m/s² are classified as sprints. The length of an acceleration can vary. It can only be a three step explosive movement or it can be a longer 20-30 meter maximal sprint. Both efforts are classified as one sprint when the threshold value of 2.8 m/s² is exceeded.



TRAINING LOAD

The Training Load feature helps you to understand the amount of effort that you put into a training session. Training Load is calculated for every training session based on intensity and duration. The Training Load feature makes the effort of a short high intensity session comparable to that of a long low intensity session. Training Load value is indicated to the user in days and hours for more detailed comparison between sessions.

Training Load is based on intensity and duration of a training session. The intensity of a session is measured using heart rate and the calculation is further affected by your personal information, such as age, sex, weight, VO2max, and training history. Before training history is available, your training background selection is used in the calculation. We also use your aerobic and anaerobic threshold values in the calculation. If you have reliably measured them, please update the default values in the web service. The sport of a session is taken into account via sport specific factor, which improves the calculation accuracy.

Mild 0-6 hours

Reasonable 7-12 hours

Demanding 13-24 hours

Very demanding 25-48 hours

Extreme Over 48 hours

CARING FOR YOUR POLAR TEAM PRO SOLUTION

It is important to follow the care and maintenance instructions to assure the long life of the Polar Team Pro training and coaching solution.

POLAR PRO SENSOR

- Detach the sensors from the straps and store separately.
- Rinse the sensors under running lukewarm water after every use.
- Do not insert wet sensors into the dock.
- Store the sensors in the dock.
- When the sensors are not in daily use or are stored for a longer period of time, recharge them regularly to prevent a complete exhaustion of the sensor batteries.

STRAPS

- Rinse the straps under running lukewarm water after every use.
- Wash the straps in a washing machine at 40 °C (104°F) after every fifth use. Always use the washing pouch (included in the set). Detach the sensor from the strap before washing!
- Do not use bleach or fabric softener.
- Store the straps in the Polar Team Pro bag, in a pocket with vents.
- Do not store the store straps wet.

POLAR PRO TEAM DOCK

- Wipe the dock with a moist cloth regularly.
- Do not use in rain or wet conditions.
- Avoid using and leaving the dock in direct sunlight.

TECHNICAL SPECIFICATION

POLAR PRO SENSOR

Battery type: 390 mAh Li-poly rechargeable battery

Sensor materials: ABS, ABS + 30% GF, PC, stainless steel

Strap materials: 38% Polyamide, 29% Polyurethane, 20% Elastane, 13% Polyester

Operating temperature: -10 °C to +45 °C (14 °F to 113 °F)

POLAR PRO TEAM DOCK

Battery type: 2800 mAh Li-poly rechargeable battery

Dock Materials: ABS + PC, PC, brass (gold plated), steel, stainless steel, aluminium, LDPE/TPR

Operating temperature: 0 °C to +35 °C (32 °F to 95 °F)

IMPORTANT SAFETY INFORMATION

AC-POWERED DEVICES

These precautions apply to all products that plug into a standard wall power outlet.

Failure to take the following precautions can result in serious injury or death from electronic shock or fire or in damage to the device.

To Select an Appropriate Power Source For Your Device:

- Use only the power supply unit and AC power cord that came with your device or that you received from an authorized repair center.
- AC adapters are only for indoor use.
- Confirm that your electrical outlet provides the type of power indicated on the power supply unit (in terms of voltage [V] and frequency [Hz]). If you are not sure of the type of power supplied to your home, consult a qualified electrician.
- Do not use non-standard power sources, such as generators or inverters, even if the voltage and frequency appear acceptable. Use only AC power provided by a standard wall outlet.
- Do not overload your wall outlet, extension cord, power strip, or other electrical receptacle. Confirm that they are rated to handle the total current (in amps [A]) drawn by the device (indicated on the power supply unit) and any other devices that are on the same circuit.

To Avoid Damaging the Power Cords and Power Supply:

- Protect the power cords from being walked on.
- Protect cords from being pinched or sharply bent, particularly where they connect to the power outlet, the power supply unit, and the device.
- Do not jerk, knot, sharply bend, or otherwise abuse the power cords.
- Do not expose the power cords to sources of heat.
- Keep children and pets away from the power cords. Do not allow them to bite or chew on them.
- When disconnecting the power cords, pull on the plug - do not pull on the cord.

If a power cord or power supply becomes damaged in any way, stop using it immediately. Unplug your device during lightning storms or when unused for long periods of time.

For devices with an AC power cord that connects to the power supply, always connect the power cord according to the following instructions:

1. Plug the AC power cord into the power supply unit until it stops.
2. Plug the other end of the AC power cord into the wall outlet.

BATTERY-POWERED DEVICES

These precautions apply to all products that use rechargeable or disposable batteries.

Improper use of batteries may result in battery fluid leakage, overheating, or explosion. Released battery fluid is corrosive and may be toxic. It can cause skin and eye burns, and is harmful if swallowed.

Rechargeable Batteries Only:

- Charge only with the recharger provided with the product.

WIRELESS DEVICES

Before boarding any aircraft or packing a wireless device in luggage that will be checked, remove the batteries from the wireless device or turn the wireless device off (if it has an on/off switch). Wireless devices can transmit radio frequency (RF) energy, much like a cellular telephone, whenever batteries are installed and the wireless device is turned on (if it has an on/off switch).

ALL DEVICES

Do Not Attempt Repairs

Do not attempt to take apart, open, service, or modify the hardware device or power supply. Doing so could present the risk of electrical shock or another hazard. Any evidence of any attempt to open and/or modify the device, including any peeling, puncturing, or removal of any of the labels, will void the Limited Warranty.

CHOKING HAZARD

This device may contain small parts that which may be a choking hazard to children under 3. Keep small parts away from children.

REGULATORY INFORMATION **POLAR PRO TEAM DOCK**

Polar Electro Oy is a ISO 9001:2008 certified company.



This product is compliant with Directives 2004/108/EC and 2011/65/EU. The relevant Declaration of Conformity is available at www.polar.com/en/regulatory_information.



This product is compliant with Directives 2013/56/EC and 2012/19/EU. Separate disposal for battery and electronics.



This marking shows that the product is protected against electric shocks.

COMPLIANCE STATEMENT

CANADA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approuvé aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

FCC REGULATORY INFORMATION

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

POLAR PRO SENSOR

Polar Electro Oy is a ISO 9001:2008 certified company.



This product is compliant with Directives 1999/5/EC and 2011/65/EU. The relevant Declaration of Conformity is available at www.polar.com/en/regulatory_information.



This product is compliant with Directives 2013/56/EC and 2012/19/EU. Separate disposal for battery and electronics.



This marking shows that the product is protected against electric shocks.

COMPLIANCE STATEMENT

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Industry Canada (IC) regulatory information

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Industrie Canada

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

CAN ICES-3(B)/NMB-3(B)

USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/ TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.

PRECAUTIONS

The Polar Team Pro solution shows performance indicators. The solution is designed to indicate the level of physiological strain and recovery during and after an exercise session. It measures heart rate, speed and distance. No other use is intended or implied.

The solution should not be used for obtaining environmental measurements that require professional or industrial precision.

INTERFERENCE DURING TRAINING

Electromagnetic Interference and Training Equipment

Disturbance may occur near electrical devices. Also WLAN base stations may cause interference when training with the training device. To avoid erratic reading or misbehavior, move away from possible sources of disturbance.

Training equipment with electronic or electrical components such as LED displays, motors and electrical brakes may cause interfering stray signals. To solve these problems, try the following:

1. Remove the sensor strap from your chest and use the training equipment as you would normally.
2. Move the training device around until you find an area in which it displays no stray reading or does not flash the heart symbol. Interference is often worst directly in front of the display panel of the equipment, while the left or right side of the display is relatively free of disturbance.
3. Put the sensor strap back on your chest and keep the training device in this interference-free area as much as possible.

If the training device still does not work with the training equipment, it may be electrically too noisy for wireless heart rate measurement. For further information, see www.polar.com/support.

MINIMIZING RISKS WHEN TRAINING

Training may include some risk. Before beginning a regular training program, it is recommended that you answer the following questions concerning your health status. If you answer yes to any of these questions, we recommend that you consult a doctor before starting any training program.

- Have you been physically inactive for the past 5 years?
- Do you have high blood pressure or high blood cholesterol?
- Are you taking any blood pressure or heart medication?
- Do you have a history of breathing problems?
- Do you have symptoms of any disease?
- Are you recovering from a serious illness or medical treatment?
- Do you use a pacemaker or other implanted electronic device?
- Do you smoke?
- Are you pregnant?

Note that in addition to training intensity, medications for heart conditions, blood pressure, psychological conditions, asthma, breathing, etc., as well as some energy drinks, alcohol, and nicotine may also affect heart rate.

It is important to be sensitive to your body's responses during training. **If you feel unexpected pain or excessive fatigue when training, it is recommended that you stop the training or continue at a lighter intensity.**

Note! If you are using a pacemaker, defibrillator or other implanted electronic device, you can use Polar products. In theory interference to pacemaker caused by Polar products should not be possible. In practice no

reports exist to suggest anyone ever having experienced interference. We cannot however issue an official guarantee on our products' suitability with all pacemakers or other implanted devices, such as defibrillators, due to the variety of devices available. If you have any doubts, or if you experience any unusual sensations while using Polar products, please consult your physician or contact the implanted electronic device manufacturer to determine safety in your case.

If you are allergic to any substance that comes into contact with your skin or if you suspect an allergic reaction due to using the product, check the listed materials in Technical Specifications. To avoid any skin reaction to the heart rate sensor, wear it over a shirt, but moisten the shirt well under the electrodes to ensure flawless operation.

The combined impact of moisture and intense abrasion may cause a black color to come off the heart rate sensor's surface, possibly staining light-colored clothes. If you use perfume or insect repellent on your skin, you must ensure that it does not come into contact with the training device or the heart rate sensor.

LIMITED POLAR INTERNATIONAL GUARANTEE

- This guarantee does not affect the consumer's statutory rights under applicable national or state laws in force, or the consumer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for consumers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for consumers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original consumer/purchaser of this device that the product will be free from defects in material or workmanship for two (2) years from the date of purchase.
- The receipt of the original purchase is your proof of purchase!
- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, commercial use, cracked, broken or scratched cases/displays, armband, elastic strap and Polar apparel.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by the two (2) year warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

Manufactured by Polar Electro Oy, Professorintie 5, FI-90440 KEMPELE, Tel +358 8 5202 100, Fax +358 8 5202 300, www.polar.com.

Polar Electro Oy is a ISO 9001:2008 certified company.

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iPad is a trademark of Apple Inc., registered in the U.S. and other countries. Lightning is a trademark of Apple Inc.

“Made for iPad” means that an electronic accessory has been designed to connect specifically to iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPad may affect wireless performance.

Lightning connector and USB Type-A:

The Lightning connector works with iPad Air 2, iPad mini 3, iPad with Retina display, iPad Air, iPad mini 2, iPad (4th generation), iPad mini.

USB works with iPad Air 2, iPad mini 3, iPad with Retina display, iPad Air, iPad mini 2, iPad (4th generation), iPad mini.

iPad and Retina are trademarks of Apple Inc., registered in the U.S. and other countries. iPad Air, iPad mini, and Lightning are trademarks of Apple Inc.

DISCLAIMER

- The material in this manual is for informational purposes only. The products it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
- Polar Electro Inc./Polar Electro Oy makes no representations or warranties with respect to this manual or with respect to the products described herein.
- Polar Electro Inc./Polar Electro Oy shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

1.0 EN 06/2015